



Say No To Meat

Amanda Strombom, Stewart Rose

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Say No to Meat dishes up straight talk to young omnivores on the facts of a meat-centered diet. With its lively, accessible approach, and over 35 easy recipes to get readers started, this book provides valuable information on key issues and explains why going veg is a fun, smart, and delicious choice.

Readers will find answers to all their pressing questions: *What really happens to farm animals?

*What is the environmental impact of meat production?

*How can going veg can help global hunger?

*How does our food affect our health?

Included are tips to handle any situation:

* Talking to family, friends, and dates.

*Getting a delicious meal at any restaurant.

* Easily putting together a balanced diet.

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